

MEDIHONEY® – THE NATURAL CHOICE IN WOUND CARE

Managing a wound with
MEDIHONEY® can help a wound
to heal when used along with a plan
of care that is individualized for you
by your healthcare provider.



Why may some wounds experience a temporary stinging sensation?

MEDIHONEY® has a low pH and helps to lower the overall pH of a wound.^{3,4} This provides wound healing benefits.⁶ But due to this change in pH some individuals experience a stinging sensation when MEDIHONEY® is applied. If slight stinging occurs it can last for several minutes but may last longer. If you experience this, your healthcare provider may suggest an analgesic which should be taken approximately 30 minutes before your dressing is changed. If the analgesic does not stop the stinging, your healthcare provider might try a different version of MEDIHONEY®, such as the MEDIHONEY® HCS dressing. If you are still uncomfortable, remove the dressing, cleanse the wound, and consult your healthcare provider.

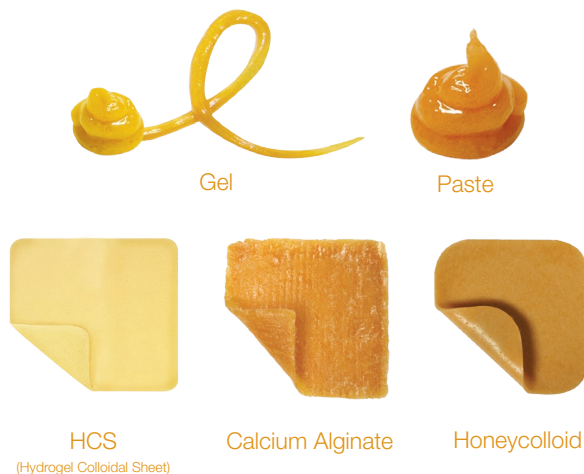
When should I not use MEDIHONEY®?

Do not use MEDIHONEY®:

- On third degree burns
- If you have a known sensitivity to honey, algae or seaweed.
- To control heavy bleeding

Are there any age restrictions for use on wounds?

No. MEDIHONEY® is a natural product and has been used on wounds in adults and children of all ages.



Customer Service
800-825-4325

THE GLOBAL LEADER
IN MEDICAL-GRADE
HONEY-BASED WOUND
AND BURN CARE



PATIENT INFORMATION GUIDE

References: 1. Chaiken, N. Pressure ulceration and the use of Active *Leptospermum* honey for debridement and healing. *Ostomy Wound Management* 2010;56(5), 12-14. 2. Dunford C. The use of honey-derived dressings to promote effective wound management. *Professional Nurse* 2005; 20(8):35-383. 3. Gethin G, Cowman S. Changes in Surface pH of Chronic Wounds When a Honey Dressing was Used. In: Wounds UK Conference Proceedings; November 2006. Wounds UK, Aberdeen. 4. Milne SD, Connolly P. The influence of different dressings on the pH of the wound environment. *J Wound Care*. 2014 Feb;23(2):53-4, 56-7. 5. Kamaratos AV, Tzirogiannis KN, Iraklianiou SA, Panoutsopoulos GI, Kanellos IE, Melidonis AI. Manuka honey-impregnated dressings in the treatment of neuropathic diabetic foot ulcers. *Int Wound J*. 2012 ; 9: 1-7. 6. Leveen H, Falk G, Borek B, Diaz C, Lynfield Y, Wynkoop B, Mabunda GA et al. Chemical acidification of wounds. An adjuvant to healing and the unfavourable action of alkalinity and ammonia. *Annals of Surgery*. 1973. 178(6): 745-50.



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What is MEDIHONEY®?

MEDIHONEY® is the global leading brand of wound care dressings made with Active *Leptospermum* Honey from New Zealand. The word *Leptospermum* refers to a species of plant that grows in abundance in the unique microclimate of that country. The bees collect the pollen and nectar from this flowering plant and produce a honey that researchers have found to be unique for the management of hard to heal wounds and burns.^{1, 2, 5}

How does MEDIHONEY® with Active *Leptospermum* Honey help heal wounds?

It helps the body's natural wound cleansing processes in three key ways which have been shown to have wound healing benefits:

- Maintain a moist environment.^{1, 2, 5}
- Aid in cleansing the wound of debris.^{1, 2}
- Reduce wound pH.^{3, 4}

History of honey use in wound care

Honey has been used in wound healing for centuries. Evidence for its wide range of medicinal use has been found in ancient writings such as the Edwin Smith Papyrus in the 17th century BC. Honey was used during World War I and II. Only in the last decade have microbiologists begun to understand the uniqueness of the *Leptospermum* species.

Why should I use honey on my wound?

MEDIHONEY® is a natural product that provides a moist wound environment optimal for healing. There are many reasons why some wounds become chronic and do not heal. MEDIHONEY® may be used on chronic and acute wounds to promote wound healing.

Why can't I use just any honey?

The honey available in stores for cooking and eating is often not sterilized and may carry a small risk of infection

with bacterial spores. MEDIHONEY® dressings are sterilized by gamma irradiation, ensuring the removal of *Clostridium botulinum* spores which may be present in unsterilized honey. MEDIHONEY® comes from a traceable source, processed under stringent controls to ensure batch to batch consistency. It is produced under hygienic conditions and is free of pesticides and antibiotics.

Most importantly, Active *Leptospermum* Honey has been shown in a randomized controlled study to help wounds heal faster than traditional dressings.

Can I still use honey if I am a diabetic?

Yes. You can still use MEDIHONEY®. The high sugar content in MEDIHONEY® has a beneficial osmotic effect, helping to draw fluid to the area to cleanse the wound and remove dead tissue. Your wound should be monitored by your healthcare provider on a regular basis. Regular use of MEDIHONEY® on diabetic foot ulcers has not been shown to alter glucose levels during routine monitoring.

Is there a time limit for using MEDIHONEY®?

No. MEDIHONEY® can be used from the beginning of a wound all the way to healing, making wound management much easier than with other dressings.

How often should the dressing be changed?

Your healthcare provider will evaluate you along with your medical history and your wound. The frequency of the dressing change will depend on your condition and the amount of drainage coming from your wound. The MEDIHONEY® product can be left in place under compression and off-loading devices. However, if there is a lot of fluid and the dressing becomes saturated, it may need to be changed more frequently. Conversely, the frequency of the dressing change may be decreased if the drainage decreases. There are several formulations of MEDIHONEY® for varying levels of exudate management.

How do I change my dressing?

Remove the dressing from the wound bed gently. If the dressing is dry and sticking to the wound bed, you may moisten it with normal saline or sterile water.

When I remove the dressing why does the color of the dressing appear different?

The MEDIHONEY® dressing draws fluid and dead tissue away from the wound and into the dressing. The dressing may change color as a result. Also, a thin coating of honey may remain on the wound and the skin surrounding the wound. This appears as a "film" on the wound and is easily removed with saline or other wound cleanser.

What do I do to protect my skin around the wound?

As MEDIHONEY® may initially increase fluid from the wound, the dressing might become easily saturated. It is important to absorb this moisture or any excess moisture and protect the surrounding skin from becoming wet and macerated. Manage additional moisture by adding an absorptive cover dressing and or adjusting the frequency of dressing change in addition to applying a protective skin barrier film to the skin around the wound.

Ask your healthcare provider to suggest an appropriate absorptive cover dressing and a skin protectant barrier film to prevent maceration from moisture.

What if my wound looks larger than before?

During the healing process, due to the removal of dead tissue, it is common for the wound to show an initial increase in wound size. Although an initial increase in size may be attributed to the normal removal of non-viable tissue, consult a healthcare professional if the wound continues to grow larger after the first few dressing changes.

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